

Monday

Tuesday

Wednesday

1

6:00 AM CYCLE - Pam
 9:15 AM BODYATTACK™ - Jackie
 10:15 AM YOGA - Angie
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Chrissy

4:30 PM TURBOKICK™ - Amy
 4:30 PM PILATES - Kelli
 5:30 PM ZUMBA™ - Tasha
 5:30 PM CYCLE - Kristin
 6:30 PM BODYPUMP™ - Brian
 6:40 PM YOGA - Laurie
 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey
 7:40 PM * Beginning Ballroom - Michael

2

5:30 AM BODYPUMP™ - Jonny
 5:30 AM YOGA - Naomi
 9:15 AM BODYPUMP™ - Jackie
 11:45 AM **BOOT CAMP - Val
 12:00 PM PILATES - Andrea

4:30 PM MUSCLEWORKS - Michele
 5:30 PM BODYATTACK™ - Amy
 5:30 PM CYCLE - Kristin
 6:50 PM * Beginner Swing Dance - Tabitha
 7:55 PM * New 4-week series: The Basics
 * Intermediate Swing Dance-Tabitha
 7:55 PM * New 4-week series: Choreography

3

5:30 AM CARDIO SCULPT - Susan
 6:30 AM AB-SOLUTION - Susan
 9:15 AM ZUMBA™ - Michele
 10:15 AM YOGA - Holley
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Val

4:30 PM TAE KWON DO (ages 4-12) - Jeffrey
 4:30 PM DOUBLE STEP - Kari
 5:30 PM PILATES - Kelli
 5:30 PM HIP HOP JAM- Michelle
 6:30 PM BODYPUMP™ - Brian

8

6:00 AM CYCLE - Pam
 9:15 AM BODYATTACK™ - Jackie
 10:15 AM YOGA - Angie
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Chrissy

4:30 PM TURBOKICK™ - Katie
 4:30 PM PILATES - Kelli
 5:30 PM ZUMBA™ - Tasha
 5:30 PM CYCLE - Suzanne
 6:30 PM BODYPUMP™ - Dawn
 6:40 PM YOGA - Laurie
 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey
 7:40 PM * Beginning Ballroom - Michael

9

5:30 AM BODYPUMP™ - Jonny
 5:30 AM YOGA - Naomi
 9:00 AM TAI CHI - Bob
 9:15 AM BODYPUMP™ - Jackie
 11:45 AM **BOOT CAMP - Val
 12:00 PM PILATES - Andrea

4:30 PM MUSCLEWORKS - Michele
 5:30 PM BODYATTACK™ - Amy
 5:30 PM CYCLE - Kristin
 6:50 PM * Beginner Swing Dance - Tabitha
 7:55 PM * Intermediate Swing Dance-Tabitha

10

5:30 AM CARDIO BLAST - Susan
 6:30 AM AB-SOLUTION - Susan
 9:15 AM ZUMBA™ - Michele
 10:15 AM YOGA - Holley
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Val

4:30 PM TAE KWON DO (ages 4-12) - Jeffrey
 4:30 PM DOUBLE STEP - Kari
 5:30 PM PILATES - Kelli
 5:30 PM HIP HOP JAM- Michelle
 6:30 PM BODYPUMP™ - Brian

15

6:00 AM CYCLE - Pam
 9:15 AM BODYATTACK™ - Jackie
 10:15 AM YOGA - Angie
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Chrissy

4:30 PM TURBOKICK™ - Katie
 4:30 PM PILATES - Kelli
 5:30 PM ZUMBA™ - Tasha
 5:30 PM CYCLE - Val
 6:30 PM BODYPUMP™ - Dawn
 6:40 PM YOGA - Laurie
 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey
 7:40 PM * Beginning Ballroom - Michael

16

5:30 AM BODYPUMP™ - Jonny
 5:30 AM YOGA - Naomi
 9:15 AM BODYPUMP™ - Jackie
 11:45 AM **BOOT CAMP - Val
 12:00 PM PILATES - Andrea

4:30 PM MUSCLEWORKS - Michele
 5:30 PM BODYATTACK™ - Rachel
 5:30 PM CYCLE - Kristin
 6:50 PM * Beginner Swing Dance - Tabitha
 7:55 PM * Intermediate Swing Dance-Tabitha

17

5:30 AM CARDIO SCULPT - Susan
 6:30 AM AB-SOLUTION - Susan
 9:15 AM ZUMBA™ - Adele
 10:15 AM YOGA - Holley
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Val

4:30 PM TAE KWON DO (ages 4-12) - Jeffrey
 4:30 PM STEP & SCULPT - Kari
 5:30 PM PILATES - Kelli
 5:30 PM HIP HOP JAM- Michelle
 6:30 PM BODYPUMP™ - Brian

22

6:00 AM CYCLE - Pam
 9:15 AM BODYATTACK™ - Jackie
 10:15 AM YOGA - Angie
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Chrissy

4:30 PM TURBOKICK™ - Katie
 4:30 PM PILATES - Kelli
 5:30 PM ZUMBA™ - Tasha
 5:30 PM CYCLE - Kristin
 6:30 PM BODYPUMP™ - Dawn
 6:40 PM YOGA - Laurie
 7:00 PM **TAE KWON DO(age 13-adult)-Jeffrey
 7:40 PM * Beginning Ballroom - Michael

23

5:30 AM BODYPUMP™ - Jonny
 5:30 AM YOGA - Naomi
 9:15 AM BODYPUMP™ - Jackie
 11:45 AM **BOOT CAMP - Val
 12:00 PM PILATES - Andrea

4:30 PM MUSCLEWORKS - Michele
 5:30 PM BODYATTACK™ - Amy
 5:30 PM CYCLE - Kristin
 6:50 PM * Beginner Swing Dance - Tabitha
 7:55 PM * Intermediate Swing Dance-Tabitha

24

5:30 AM CARDIO BLAST - Susan
 6:30 AM AB-SOLUTION - Susan
 9:15 AM ZUMBA™ - Michele
 10:15 AM YOGA - Holley
 11:30 AM MUSCLEWORKS - Penny
 11:45 AM CYCLE - Val

4:30 PM TAE KWON DO (ages 4-12) - Jeffrey
 4:30 PM DOUBLE STEP - Kari
 5:30 PM PILATES - Kelli
 5:30 PM HIP HOP JAM- Michelle
 6:30 PM BODYPUMP™ - Brian

Join us for Hope for Haiti Workout February 13th
 from 8:30am - 10:00am in the gymnasium where we will sweat for a
 good cause with Zumba, BodyAttack, and Turbokick.
 Please donate \$10 per person.

Thursday

Friday

Saturday & Sunday

4

5:30 AM	BODYPUMP™ - Jonny
5:30 AM	CARDIO CIRCUIT - Pam
9:15 AM	BODYPUMP™ - Staff
10:15 AM	GENTLE YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Sybil
4:30 PM	STEP JAM - Laurie
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	YOGA - Rita
6:30 PM	BUTTS & GUTS - Sunshine
6:30 PM	BELLYDANCE - Liz

5

5:30 AM	CYCLE - Evie
9:15 AM	STEP JAM - Laurie
10:00 AM	TAI CHI - Bob
10:30 AM	MUSCLEWORKS - Penny
11:45 AM	CYCLE - Penny
4:30 PM	BODYPUMP™ - Amy
4:30 PM	POWER YOGA - Holley
5:30 PM	ZUMBA™ - Kim
5:40 PM	CYCLE - Susan S.
5:30 PM	**TAE KWON DO(ages 4-12)-Jeffrey
6:30 PM	TAE KWON DO (age 13-adult)-Jeffrey

6/7

Saturday

8:30 AM	CYCLE - Evie
9:00 AM	ZUMBA™ - Adele
10:00 AM	MUSCLEWORKS - Penny
10:15 AM	YOGA - Tasha

Sunday

1:30 PM	BODYPUMP™ - Dawn
1:30 PM	YOGA - Holley

11

5:30 AM	BODYPUMP™ - Jonny
5:30 AM	CARDIO CIRCUIT - Pam
9:15 AM	BODYPUMP™ - Staff
10:15 AM	GENTLE YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Sybil
4:30 PM	STEP JAM - Laurie
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	YOGA - Rita
6:30 PM	BUTTS & GUTS - Sunshine
6:30 PM	BELLYDANCE - Liz

12

5:30 AM	CYCLE - Evie
9:15 AM	STEP JAM - Laurie
10:00 AM	TAI CHI - Bob
10:30 AM	MUSCLEWORKS - Penny
11:45 AM	CYCLE - Penny
4:30 PM	BODYPUMP™ - Amy
4:30 PM	POWER YOGA - Bobbie
5:30 PM	ZUMBA™ - Kim
5:40 PM	CYCLE - Kristin
5:30 PM	**TAE KWON DO(ages 4-12)-Jeffrey
6:30 PM	TAE KWON DO (age 13-adult)-Jeffrey

13/14

Saturday

Hope for Haiti Workout
8:30 -10:30am in the gymnasium
Sweat for a good cause with Zumba, BodyAttack, and Turbokick. Please donate \$10 per person.

10:00 AM	MUSCLEWORKS - Penny
10:15 AM	YOGA - Bobbie

Sunday

1:30 PM	STEP JAM - Katie
1:30 PM	YOGA - Bobbie

18

5:30 AM	BODYPUMP™ - Jonny
5:30 AM	CARDIO CIRCUIT - Pam
9:15 AM	BODYPUMP™ - Staff
10:15 AM	GENTLE YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Amy C.
4:30 PM	STEP JAM - Katie
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	YOGA - Rita
6:30 PM	BUTTS & GUTS - Sunshine
6:30 PM	BELLYDANCE - Liz

19

5:30 AM	CYCLE - Evie
9:15 AM	STEP JAM - Laurie
10:00 AM	TAI CHI - No Class
10:30 AM	MUSCLEWORKS - Penny
11:45 AM	CYCLE - Penny
4:30 PM	BODYPUMP™ - Amy
4:30 PM	POWER YOGA - Holley
5:30 PM	ZUMBA™ - Kim
5:40 PM	CYCLE - Susan S.
5:30 PM	**TAE KWON DO(ages 4-12)-Jeffrey
6:30 PM	TAE KWON DO (age 13-adult)-Jeffrey

20/21

Saturday

8:30 AM	CYCLE - Susan S.
9:00 AM	TURBOKICK™ - Sunshine
10:00 AM	MUSCLEWORKS - Penny
10:15 AM	YOGA - Holley

Sunday

1:30 PM	ZUMBA™ - Tasha
1:30 PM	YOGA - Bobbie

25

5:30 AM	BODYPUMP™ - Jonny
5:30 AM	CARDIO CIRCUIT - Pam
9:15 AM	BODYPUMP™ - Staff
10:15 AM	GENTLE YOGA - Holley
11:30 AM	MUSCLEWORKS - Penny
11:45 AM	**BOOT CAMP - Val
12:00 PM	PILATES - Sybil
4:30 PM	STEP JAM - Laurie
5:30 PM	TURBOKICK™ - Sunshine
5:30 PM	YOGA - Rita
6:30 PM	BUTTS & GUTS - Sunshine
6:30 PM	BELLYDANCE - No Class

26

5:30 AM	CYCLE - Evie
9:15 AM	STEP JAM - Laurie
10:00 AM	TAI CHI - No Class
10:30 AM	MUSCLEWORKS - Penny
11:45 AM	CYCLE - Penny
4:30 PM	BODYPUMP™ - Amy
4:30 PM	POWER YOGA - Holley
5:30 PM	ZUMBA™ - Kim
5:40 PM	CYCLE - Suzanne
5:30 PM	**TAE KWON DO(ages 4-12)-Jeffrey
6:30 PM	TAE KWON DO (age 13-adult)-Jeffrey

27/28

Saturday

8:30 AM	CYCLE - Evie
9:00 AM	STEP & SCULPT - Kari
10:00 AM	MUSCLEWORKS - Penny
10:15 AM	YOGA - Holley

Sunday

1:30 PM	TURBOKICK™ - Sunshine
1:30 PM	YOGA - Bobbie